



HealthQuest Wellness Champion Network Monthly Webinar

Thursday, September 10th - 11:00-11:45 am

Call in number: 1-763-957-6300

Tip: Please join the WebEx first and then have the audio call out to you

Agenda

- Welcome New Champions!
- Leadership Development Series
 - *With Special Guest Jack Bastable*
 - & the Winners of the Chiefs VivoFits are ...
- "Stress Busters" September 14th – October 9th
- On-Site Biometric Screenings are coming to an end October 7th!
- Flu Shot Clinics!
- Open Enrollment Meetings
- September EAP Webinar
- September HQ Seminar
- Agency Wellness Programs

Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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How to impact the culture
of YOUR agency or department
and gain support from managers and supervisors

Wellness
Champions
share insights
from conversations
with co-
workers/leadership.

Go Chiefs!



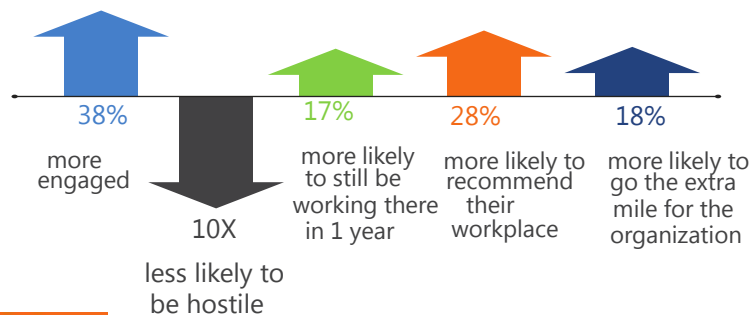
Congrats to Vivofit winners!

- **Melinda Holman**
- **Danielle Gabor**
- **Michelle Valdivia**
- **Sherry Umscheid**
- **Lorean Williams**
- **Amanda Guerrero**



Engagement Increases When Employees Believe Employer Cares

When employees believe their employer cares about their health and well-being, they are...



“Perceived organizational support” is a Fundamental requirement of employee Participation in well-being programs

Organizations Support



Individuals Achieve

Organizations that are taking a holistic view of well-being, recognize that their Identity – why they exist, how they are known in the market and how they live - influence an individual's ability to achieve higher well-being.

A comprehensive approach requires that:

- Well-being is integrated into an organizations' beliefs, behaviors and systems
- Managers are able to engage their work teams and create a local environment that supports well-being terms

GALLUP

Newest Review: Return on Investment

Conclusion:

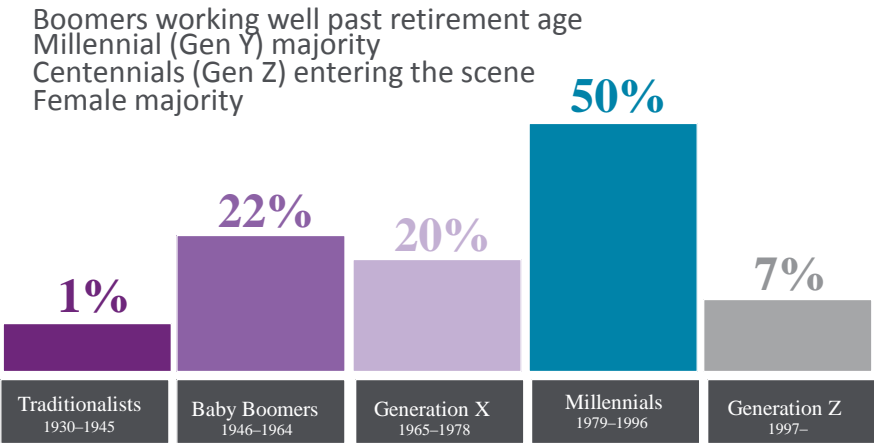
Overall, Return on Investment (ROI) in workplace health promotion demonstrated a positive ROI

- Fifty-one studies published between 1984 and all industry types across 12 countries.
- Overall ROI was **1.38 : 1.00**, which indicated a 138% return on investment.

Relationship Between Return on Investment and Quality of Study Methodology in Workplace Health Promotion Programs, *AJHP*, July/August 2014.



Projected for US Labor Force by 2020



Source: Future of Workspace Survey

14 Empower Results*

Generations

	TRADITIONALISTS (1930–1945)	BOOMERS (1946–1964)	GEN-X (1965–1978)	MILLENNIALS (1979–1996)	GEN-Z (1997–)
VALUES	Conformity Stability Security	Personal And social expression Idealism Health and wellness	Free Agency and independence Street smarts Cynicism	Collaboration Social activism Tolerance for diversity	Resilience And grit Practical intelligence Personal privacy

Source: Future of Workspace Survey

15 Empower Results*

“Stress Busters” Challenge – Starts 9-14-15

MANAGE YOUR STRESS

STAY IN CONTROL

It is important that you identify your stressors and take actions to minimize their effect on you.

This 4-week Challenge helps you take control by focusing on ways to help you manage stress!

During the Challenge, keep track of these 3 healthy behaviors.

- ✓ **Exercise** – at least 30 minutes per day.
- ✓ **Sleep** – at least 7 hours per night.
- ✓ **Relax** – at least 15 minutes of time out of your day.



WHAT'S STRESSING YOU OUT?

ANYTHING AND EVERYTHING?

STRESS BUSTERS CHALLENGE

SEPTEMBER 14 – OCTOBER 9, 2015

GOAL: 55 POINTS FOR 5 HEALTHQUEST CREDITS

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On-site Biometric Screenings

<u>Name</u>	<u>Location</u>	<u>Date</u>
Wichita State University, Rhatigan Student Center, 265 Lucas Rm, 1845 Fairmount St	Wichita	9/10/2015
Wichita State University, Rhatigan Student Center, 265 Lucas Rm, 1845 Fairmount St	Wichita	9/11/2015
University of Kansas, Burge Union 3rd Floor, Courtside Rooms, 1601 Irving Hill Rd	Lawrence	9/14/2015
University of Kansas, Burge Union 3rd Floor, Courtside Rooms, 1601 Irving Hill Rd	Lawrence	9/15/2015
University of Kansas, Burge Union 3rd Floor, Courtside Rooms, 1601 Irving Hill Rd	Lawrence	9/16/2015
Kansas State University, Peters Recreation Complex, Kimball Ave & Denison Ave	Manhattan	9/17/2015
Kansas State University, Peters Recreation Complex, Kimball Ave & Denison Ave	Manhattan	9/18/2015
Landon Bldg, Rm 509, 900 SW Jackson St	Topeka	10/7/2015

Flu Shot Clinics – Started September 1st

- Who's Eligible?
 - **Must be covered under Plan A or C**
 - All Active employees
 - Spouses
 - Dependents over 18
 - Retirees
 - Take Your CVS Caremark card!
- www.Occuvax.com
 - Schedule My Appointment
 - Company ID – Kansas
 - Password – Kansas



For the Schedule of Flu Clinics click

<http://www.kdheks.gov/hcf/sehp/download/2015-FluShotSchedule-071515.pdf>

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Open Enrollment

- ✓ **Meetings September 21st – October 22nd**
- ✓ Learn about Health Plan offerings for 2016!
- ✓ Election Period October 1st – 31st
- ✓ Open to all State Employees
- ✓ Find a meeting close to you at
www.kdheks.gov/hcf/sehp/download/oemeetings.pdf



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September 2015 EAP Webinar

Wednesday, September 23rd , 2015

3:00 p.m.

Sleep: An Essential Component of Health and Well-Being

This workshop provides the latest research findings regarding the importance of sleep and offers participants suggestions on how to improve their sleep according to priority and quality measures.


Register at

<https://attendee.gotowebinar.com/register/4766604275470163458>



September 2015 Seminar

Available on the Portal 9/1/15



The Latest on Food and Your Health

National news and the Internet make it seem like nutrition advice is always changing. But is it? This month's seminar will help you interpret the headlines and give you the best recommendations to help clear up any confusion.

1
Credit



Thank You for Joining Us Today!!

Next Meeting is Thursday, October 8th, 2015

11:00-11:45 am

Secret Question:

Open Questions / Comments

